

### **ABSTRACT OF THE DISCLOSURE**

[0027] in particular for a motor vehicle, includes a high pressure chamber containing a gas cushion acting as a spring, and a working cylinder which is filled with damping medium under pressure of the gas cushion. A working piston carried by a hollow piston rod divides the working cylinder into two working spaces, wherein one of the working spaces is connected to the high pressure chamber to drive the piston under the pressure of the gas cushion, the piston having at least one non-return valve which permits flow from the one working space to the other working space. A piston pump has a pump cylinder formed by the hollow piston rod and a hollow pump rod received in the piston rod, the pump rod having a bore with one end connected to a low pressure chamber and another end carrying a non-return valve which permits flow from the low pressure chamber into the hollow piston rod, and a cut-off orifice which connects the one working space to the low pressure chamber as a function of the position of the piston in the working cylinder. An adjustable damping valve is connected to a duct running from the other working space, the valve having an actuating element acted on by the pressure in the high pressure chamber and the pressure in the low pressure chamber.